

Superstar Gymnastics

Superstar Gymnastics knows all kids are SUPERSTARS who love to learn and be fit while they:

- Learn gymnastics skills
- Develop coordination and flexibility
- Develop strength and skills to enhance other sports
- Learn to play rhythmic instruments
- Enjoy a new themed lesson plan each week
- Gain self-esteem & confidence

For kids 1-6 years, each class is 35 minutes. One child per adult in the parent/child classes. All classes held at the St Vrain Memorial Building, 700 Longs Peak Ave.

Superstar Tot 1/2

Enjoy one-on-one time with your child while they learn basic tumbling skills on the mats, trampoline, bars, beam and vaulting board. We will be improving coordination, strength, and flexibility through parachute games, obstacle courses, rhythmic streamers, music and more!

Superstar 3 & 4

Develop basic gymnastics skills while having fun. Hop, run and trot through the obstacles course. Trampoline, balance beam, bars, vaulting and mat work will increase body awareness, coordination and strength. Children will use rhythmic streamers, hoops, bean bags, parachute and music in this fun class. For kids 3 - 4 years old.



Superstar 5 & 6

Beginning gymnastics skills are taught while developing strength, balance and flexibility. Fundamental skills will be taught on bars, balance beam, trampoline, vaulting board and mats. Fun props and music are used in this fast paced and fun filled class. Ages 5 & 6 year old.

Advanced 3 & 4; Advanced 5 & 6: Advanced classes by permission only, not available to register online.

		January	February	March	April	May
Mondays	Times	\$22.50/\$28	\$30/\$38	\$30/\$38	\$22.50/\$28	\$30/\$38
Superstar 3/4	9:30-10:05am	145170.01	145170.02	245170.03	245170.04	245170.05
Superstar Tot 1/2	10:15-10:50am	145160.01	145160.02	245160.03	245160.04	245160.05
Superstar 3/4	11-11:35am	145172.01	145172.02	245172.03	245172.04	245172.05
Superstar Tot 1/2	4:45-5:20p	145161.01	145161.02	245161.03	245161.04	245161.05
Superstar 5/6	5:30-6:05p	145180.01	145180.02	245180.03	245180.04	245180.05
Superstar 3/4	6:15-6:50p	145171.01	145171.02	245171.03	245171.04	245171.05
Wednesdays	Times	\$30/\$38	\$30/\$38	\$30/\$38	\$30/\$38	\$30/\$38
Superstar Tot 1/2	9:30-10:05am	145152.01	145152.02	245152.03	245152.04	245152.05
Superstar 3/4	10:15-10:50am	145175.01	145175.02	245175.03	245175.04	245175.05
Superstar Tot 1/2	11-11:35am	145163.01	145163.02	245163.03	245163.04	245163.05
Superstar ADV 5/6*	4:45-5:20p	145188.01	145188.02	245188.03	245188.04	245188.05
Superstar 3/4	5:30-6:05p	145173.01	145173.02	245173.03	245173.04	245173.05
Superstar Tot 1/2	6:15-6:50p	145164.01	145164.02	245164.03	245164.04	245164.05
Thursdays	Times	\$30/\$38	\$30/\$38	\$30/\$38	\$30/\$38	\$30/\$38
Superstar Tot 1/2	9:30-10:05am	145165.01	145165.02	245165.03	245165.04	245165.05
Superstar 3/4	10:15-10:50am	145176.01	145176.02	245176.03	245176.04	245176.05
Superstar 4/5	11-11:35am	145183.01	145183.02	245183.03	245183.04	245183.05
Superstar ADV 3/4	4:45-5:20p	145177.01	145177.02	245177.03	245177.04	245177.05
Superstar 3/4	5:30-6:05p	145174.01	145174.02	245174.03	245174.04	245174.05
Superstar 5/6*	6:15-6:50p	145182.01	145182.02	245182.03	245182.04	245182.05

*Advanced Classes by permission only, must register in person/phone

See page 7 for

Itty Bitty City & Itty Bitty SCOPE City

Little Artist

Create art by making a mess, exploring art textures, and having fun through a large range of art materials in this parent and tot art class. Children make three projects in each class to take home.

18 mo to 3 years:

Jan 11-Feb 8, Mon, 9:15-10am	145480.01
Feb 22-Mar 21, Mon, 9:15-10am	145480.02
Apr 11-May 9, Mon, 9:15-10am	245480.04

Instructor: Harmony Larke

Location: Creation Station, 519 4th Ave

Fee: \$55 resident/\$68.75 non-resident

Animal Art

This great interactive art class let kids explore and create art while learning about their favorite animals. We will read a book about the animal and create art work using large range of materials. This is a drop off class: child does not need to be potty trained.



2 to 5 yrs: Jan 11-Feb 8, Mon, 10:15-11am	145460.01
Feb 22-Mar 21, Mon, 10:15-11am	145460.02
Apr 11-May 9, Mon, 10:15-11am	245460.04

Instructor: Harmony Larke

Location: Creation Station, 519 4th Ave

Fee: \$55 resident/\$68.75 non-resident

Tiny Talking Hands Sign Language

Introduce your baby to the world of communication through American/Baby Sign Language! Give your child access to communication long before they are able to verbalize their needs. Fun classes cover signs for moods, colors, mealtime, sleep time, and much more! As a hearing child of deaf adults, our instructor's first language was American Sign Language, a native signer!

5 mos to 2 yrs: Jan 5-26, Tue, 5-5:35pm	145452.01
Feb 2-23, Tue, 5-5:35pm	145452.02
Mar 8-29, Tue, 5-5:35pm	245452.03
Apr 12-26*, Tue, 5-5:35pm	245452.04
May 3-24, Tue, 5-5:35pm	245452.05

Instructor: Superstar Gymnastics

Location: St Vrain Mem Bldg, 700 Longs Peak Ave

Fee: \$30 resident/\$37.50 non-resident

*April Fee: \$22.50 resident/\$28 non-resident

P.E. Me- Fitness and Sport

Each class begins with fitness; teaching the basic form and function of athletic body movements. Fun drills are used to teach body coordination, strength and agility. Fun obstacle courses are used to apply what they have learned. The second half is sports time!



3 to 9 yrs: Jan 13-Feb 24, Wed, 9-10:15am	147953.01
Mar 2-Apr 20, Wed, 9-10:15am	247953.03

Instructor: In the Core Fitness

Location: St Vrain Mem Bldg, 700 Longs Peak Ave

Fee: \$49 resident/\$61.25 non-resident

Music Go Round

Time for music, time for fun! Get ready to move, sing and play! This parent and child class provides powerful child development through music, movement and instrument play. Connect with other parents and come home with great bonding and nurturing activities for you and your little one. This is a parent/child class.

1 to 3 yrs:	Tuesday, 9:15-10am	
Dates:		
Jan 12-Feb 2	\$30 res/\$37.50 non-res	145352.01
Feb 9-Mar 1	\$30 res/\$37.50 non-res	145352.02
Mar 8-29	\$30 res/\$37.50 non-res	245352.03
Apr 12-May 3	\$30 res/\$37.50 non-res	245352.04
May 10-24	\$22.50 res/\$28 non-res	245352.05

1 to 3 years:	Tuesday, 10:15-11am	
Dates:		
Jan 12-Feb 2	\$30 res/\$37.50 non-res	145352.1A
Feb 9-Mar 1	\$30 res/\$37.50 non-res	145352.2A
Mar 8-29	\$30 res/\$37.50 non-res	245352.3A
Apr 12-May 3	\$30 res/\$37.50 non-res	245352.4A
May 10-24	\$22.50 res/\$28 non-res	245352.5A

Instructor: Shanaine Hendrix
Location: Creation Station, 519 4th Ave

Winter Wiggles

We have a warm place for your preschooler to run around to get their winter wiggles out. Activities are intended to be loosely structured with varied activities that include trike and cozy coupe play, preschool games, obstacle courses and more. Come shake, rattle and roll!

3 to 5 yrs:	Jan 7-28, Thurs, 9:30-10:30am	145189.01
	Feb 4-25, Thurs, 9:30-10:30am	145189.02
	Mar 3-24, Thurs, 9:30-10:30am	245189.03
	Apr 14- May 28, Thurs, 9:30-10:30am	245189.04
Location:	St Vrain Mem Bldg, 700 Longs Peak Ave	
Fee:	\$22 resident/\$27.50 non-resident	

Jumpbunch Parent/Toddler Class

This parent guided toddler class takes learning to the next level with over 75 unique lesson plans designed to stimulate your child's mind while exercising their body. Weekly activities enhance hand-eye coordination, color and shape recognition, fine and gross motor skill development, self-confidence and much more. **NO Class: 4/5*

15 mos to 3 yrs:	Jan 5-26, Tue, 9-9:30am	145440.01
	Feb 2-23, Tue, 9-9:30am	145440.02
	Mar 1-22, Tue, 9-9:30am	245440.03
	Apr 12-May 3, Tue, 9-9:30am	245440.04

Instructor: Jump Bunch Denver
Location: St Vrain Mem Bldg, 700 Longs Peak Ave
Fee: \$36 resident/\$45 non-resident

Fun Keys-Around the World

Join Ms. Carolyn in this exciting Keyboarding class! Learn to play by sight and sound while interacting with animated videos, dancing, singing and moving to the rhythm. This is a parent/child class. **NO Class: 4/7*

2 to 3 yrs:	Jan 7-28, Thurs, 3:15-4:10pm	145366.01
	Feb 4-25, Thurs, 3:15-4:10pm	145366.02
	Mar 3-24, Thurs, 3:15-4:10pm	245366.03
	Mar 31-Apr 28*, Thurs, 3:15-4:10pm	245366.04

Instructor: Carolyn Baldassare
Location: Creation Station, 519 4th Ave
Fee: \$30 resident/\$37.50 non-resident

Preschool Spanish

In this interactive class kids will have fun while learning and getting exposed to the Spanish language. Let's have fun through games, songs, instruments, storytelling all in Spanish. Taught by Kena Guttridge from Ollin Farms. **NO Class: 02/19 or 4/8.*

3 to 5 yrs:	Friday, 11:15-12:15am	
	Jan 8-29	\$40 res/\$50 non-res 145350.01
	Feb 5-26*	\$30 res/\$37.50 non-res 145350.02
	Mar 4-25	\$40 res/\$50 non-res 245350.03
	Apr 1-29*	\$40 res/\$50 non-res 245350.04
	May 6-20	\$30 res/\$37.50 non-res 245350.05

Location: Creation Station, 519 4th Ave

Connect Play Group

Enjoy our beautiful preschool room while connecting with other parents. There is a huge assortment of toys your child can play with while socializing with other children. Opportunities exist for parent guided art or painting on their own. Enjoy quality inside time with your child during the cold winter months.

1.5 to 4 yrs:	Jan 22-Feb 26, Fri, 9:30-10:45am	145801.01
	Mar 11-Apr 22, Fri, 9:30-10:45am	145801.03
Location:	St Vrain Mem Bldg, 700 Longs Peak Ave	
Fee:	\$25 resident/\$31.25 non-resident	

Mommy & Me - Intro to Horses

Young children learn about horses with a parent or grandparent. Includes safety discussion, hands-on time learning to brush and interact with the gentle horses, and riding. Each child has a turn to ride with their parent leading their horses on a lead line.



Important Safety Rules: No younger siblings in strollers or worn in carriers. Parent must remain with child and be very hands on at all times.

2 to 4 yrs:	May 14, Sat, 4-5:30pm	245901.S
Location:	Sun Pony Ranch, 18490 County Rd 1	
Fee:	\$45 resident/\$54 non-resident	

Parent-Child Climbing Class

This class introduces very young children to the world of rock climbing! Children learn to trust the climbing system as well as basic climbing techniques. Parents learn about safety and encouraging their young climbers. NOTE: This is NOT a technique course for adults.

3 to 5 years with an adult:	9-10am	
Dates:	Jan 9-Feb 6, Sat	117345.S1
	Jan 10-Feb 7, Sun	117345.U1
	Feb 27-Mar 26, Sat	117345.S2
	Feb 28-Mar 27, Sun	117345.U2
	Apr 16-May 14, Sat	217345.S1
	Apr 17-May 15, Sun	217345.U1
Location:	Longmont Recreation Center, 310 Quail Rd	
Fee:	\$50 resident/\$62.50 non-resident	

Check out the Youth Athletics Page 20 for
Pre-School Sports Clinics

Parents Corner Workshops
Zoo-phonics® - What is this all about?
& Prepare Your Child for Kindergarten
See page 47.